

What is claimed is:

1. A method of coupling optical waveguides, said method comprising the steps of:
 - (i) providing at least one pair of waveguides located such that (a) light radiation propagating through one of said waveguides will be at least partially coupled to a corresponding waveguide and, (b) said waveguides are separated by a gap of about $2\mu\text{m}$ to about $500\mu\text{m}$ long; said waveguides having dn/dT that is larger than $0.0/C$;
 - (ii) filling said gap with a photo-polymerisable composition, said composition having dn/dT of $-2 \times 10^{-4}/C$ to $-4 \times 10^{-4}/C$;
 - (iii) providing simultaneous photo-radiation through said waveguides, wherein said photo-radiation photo-polymerizes said composition, thereby creating (a) a first region bridging between said waveguides, said first region having a first index of refraction; and (b) a second region encapsulating said first region, said second region having a second index of refraction, such that said first index of refraction of said first region is at least 0.1% higher than said second index of refraction; and
 - (iv) curing the remaining composition, while retaining an index difference of at least 0.1% between said first region and said second region.
2. The method according to claim 1, wherein said photo-radiation is UV light.
3. The method according to claim 1, wherein said photo-radiation is at a wavelength λ , where $180\text{nm} < \lambda < 400\text{nm}$.

4. The method according to claim 3, wherein $300\text{nm} < \lambda < 400\text{nm}$.
5. A method according to claim 3, wherein said method includes a pre-curing step, said pre-curing step including flooding the entire gap with UV light for 1 sec to 1 hour.

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6. A method of claim 1, wherein said method includes a step of thermal postcuring, said step including heating waveguides at temperatures between about 70°C and about 250°C .

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7. A waveguide device comprising:

(i) at least one pair of waveguides located such that (a) light radiation propagating through one of said waveguides will be at least partially coupled to a corresponding waveguide and, (b) said waveguides are separated by a gap of about $2\mu\text{m}$ to about $500\mu\text{m}$, said waveguides having dn/dT that is larger than $0.0/^{\circ}\text{C}$;

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(ii) another waveguide connecting said pair of waveguides, said another waveguide having dn/dT of $-2 \times 10^{-4}/^{\circ}\text{C}$ to $-4 \times 10^{-4}/^{\circ}\text{C}$.

8. A waveguide device according to claim 7, wherein said pair of waveguides are optical fibers.

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9. A waveguide device according to claim 7, wherein said waveguide device is a planar waveguide device that includes (i) a plurality of waveguide pairs separated from one another by a trapezoidal gap, wherein said trapezoidal gap includes a plurality of

waveguides connecting said pairs of waveguides; said plurality of waveguides having lengths that vary from one another.

10. A waveguide device according to claim 7, wherein said waveguide device provides
5 a plurality of narrow band optical signals each corresponding to one of a plurality of output ports, including a center signal provided by one of said ports, said center signal characterized by a predetermined wavelength and, said device is athermalised so that $\Delta\lambda_c < 0.01/^\circ\text{C}$, where λ_c is said predetermined wavelength.

10 11. A waveguide device according to claim 7, wherein said gap separation is between $5\mu\text{m}$ and $200\mu\text{m}$.